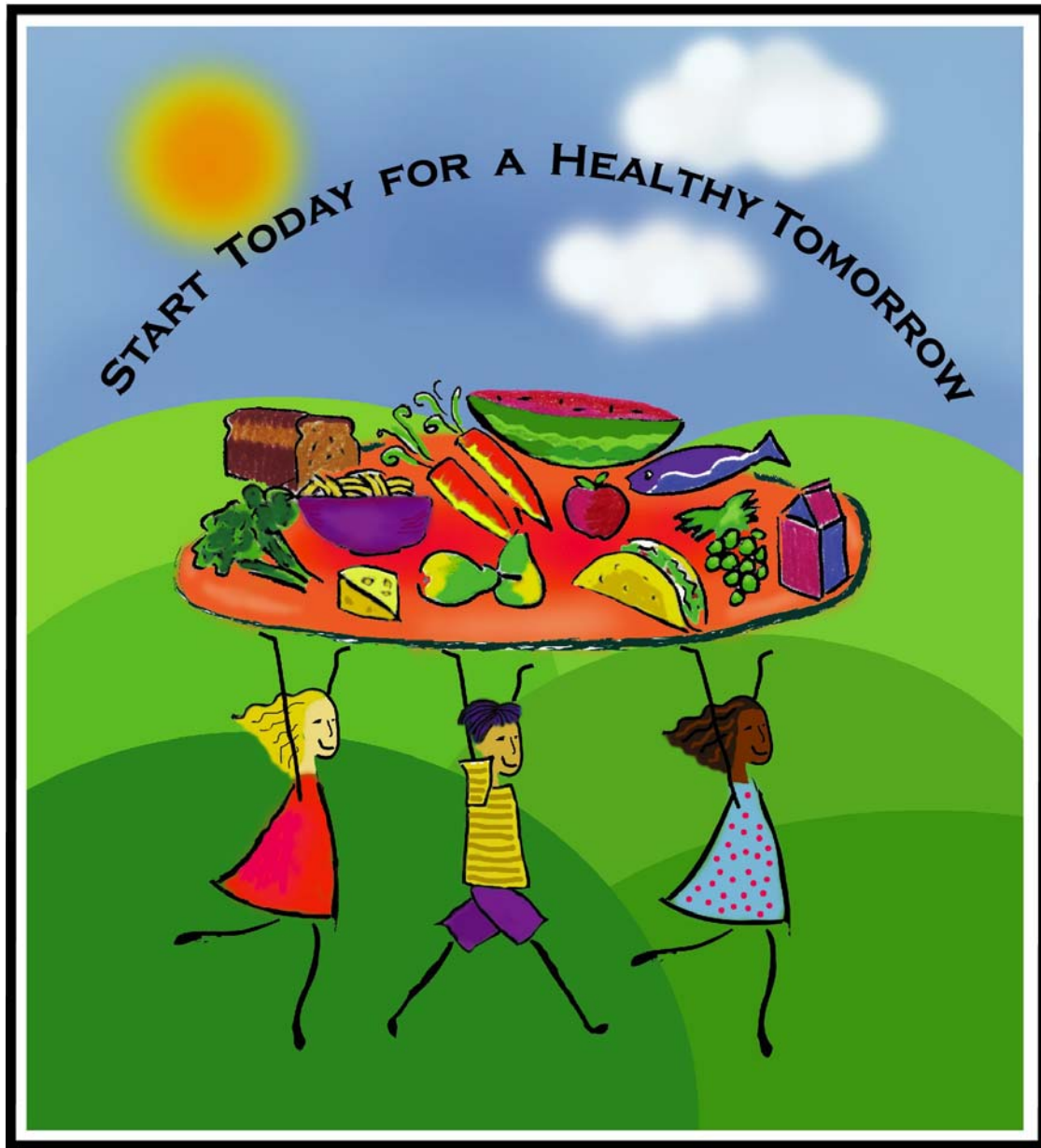


2002 DoD National Nutrition Month Resource Packet



NATIONAL NUTRITION MONTH®

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"Start Today for a Healthy Tomorrow"
Eat Right America®

14 January 2002

MEMORANDUM FOR NATIONAL NUTRITION MONTH PARTICIPANTS

SUBJECT: 2002 National Nutrition Month Resource Packet

1. The Department of Defense (DOD) Nutrition Committee is pleased to present the DOD National Nutrition Month (NNM) Resource Packet. The NNM is an annual event sponsored by the American Dietetic Association. To promote NNM, the theme for March 2002 is "Start Today for a Healthy Tomorrow."
2. The slogan for 2002, **"Start Today for a Healthy Tomorrow"** reinforces the importance of nutrition and physical activity as key components in an individual's health today and in the future. The slogan communicates the flexibility of nutrition recommendations, dietary guidelines, and the Food Guide Pyramid, as the framework for daily food choices that can be personalized to each individual's food preferences, nutritional needs, health status, and lifestyle. It is a call to action that challenges Americans to take responsibility for their food, nutrition, and physical activity habits (ADA website: <http://www.eatright.org>). This year's objective is to emphasize that Americans of all ages benefit from making healthful eating, physical activity, and lifestyle choices. Key messages in this year's campaign include personalizing the Food Guide Pyramid as a roadmap toward eating a variety of foods, using moderation when selecting portion sizes, and balancing choices over time.
3. The packet contains articles, planning guides, nutrition games, nutrition resources, to include Internet addresses, and reproducible handouts for your use in planning and supporting activities during NNM. The information provided is not limited to use in March, but should be utilized throughout 2002 to support a healthy lifestyle and improve mission readiness of our soldiers, sailors, and airmen.

MCHO-CL-R

SUBJECT: 2002 National Nutrition Month Resource Packet

4. Have a successful National Nutrition Month! The point of contact for the nutrition resource packet is MAJ Sonya Corum (Army) DSN 584-8856, Comm (410) 436-8856, LT Michael Criqui (Navy) DSN 882-4268, Comm (901) 874-4268, or Capt Kim Boehm (Air Force) DSN 576-7472, Comm 618-256-7472.

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2002 DoD NNM Resource Packet

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